

Fast Food Sample Meals—ANSWER SHEET

Cut along dotted line. Give each group a meal.

Meal 1	<u>Calories</u>	<u>Fat</u>	
Double Cheeseburger	460	23	
Medium Fries	380	20	
Small soda	<u>150</u>	<u>0</u>	
Total:	990	43	3 1/2 T. fat

Meal 2	<u>Calories</u>	<u>Fat</u>	
Chicken Strips (3)	380	20	
Medium Fries	380	20	
Ranch Dip (1 carton)	200	21	
Small soda	<u>150</u>	<u>0</u>	
Total:	1,110	61	5 T fat

Meal 3	<u>Calories</u>	<u>Fat</u>	
Hamburger	260	9	
Small Fries	250	13	
1 % chocolate milk	<u>170</u>	<u>3</u>	
Total:	680	25	2 T fat

Meal 4	<u>Calories</u>	<u>Fat</u>	
Grilled chicken sandwich	420	9	
Apple dippers w/caramel	100	.5	
Yogurt Parfait	160	2	
1 % milk	<u>100</u>	<u>2.5</u>	
Total:	780	14	1 T fat

Meal 5	<u>Calories</u>	<u>Fat</u>	
6" Ham & Cheese Sub	357	11	
w/ light mayo	45	4.5	
Baked Chips	150	3	
Powerade	<u>100</u>	<u>0</u>	
Total:	652	18.5	1 1/2 T fat